



Medical Command

HEALTH PROMOTION PROGRAMS

COMPLIANCE WITH THIS INSTRUCTION IS MANDATORY

This instruction supplements AFI 40-101, Health Promotion. The supplement updates requirements for operating, managing, and evaluating the Sheppard Air Force Base Health Promotion Program (HPP). It applies to all Air Force members, retirees, and dependents; Air Force civilian personnel; US Air Force Reserve Command and Air National Guard members on active duty orders for 31 consecutive days or more; and retirees of the Air Reserve Component (ARC).

2. The goal of the program is to encourage a healthy lifestyle among the Sheppard community. This preventive medicine program addresses the wellness needs of the whole person. It encourages a balance of physical, emotional, intellectual, social, and spiritual health. The Air Force Surgeon General establishes health promotion policy, validates resource requirements, and provides professional skill and scientific knowledge to guide and support a comprehensive and integrated Air Force HPP. Emphasis upon incorporating a healthy lifestyle will improve readiness, productivity, and morale as well as reducing medical expenditures.

2.1. (Added) The Air Force HPP enhances the well-being of its people through programs that encourage them to care for themselves, maintain their health, and avoid disease risks where they can. Health Promotion is a base-wide preventive medicine effort coordinated and administered through the Health Promotion Working Group (HPWG), Health and Wellness Center (HAWC) and 82 MDG Put Prevention Into Practice Program (PPIP). The program addresses primarily:

Total fitness enhancement

- Tobacco use prevention and cessation
- Nutrition education

Stress management

Alcohol and substance abuse prevention education-

Cardiovascular, fitness, cancer, and other prevention efforts

Self-Care

2.2. (Added) Indicators of compliance with Health Promotion Policy are reflected in metrics obtained from:

Cycle Ergometry scores

2.3. (Added) For the HPP to be effective, a team concept must exist in the form of a developed focus, comprehensive, integrated and cooperative unit. This unit is represented as the HPWG whose members are proactive, dynamic, and believe in health promotion and prevention. Several key base services will create a healthy, supportive environment for all the Sheppard community.

7.1. (Added) Chaplain Services will appoint a representative to serve as a chapel liaison to the HPWG and encourage maintenance of a balanced lifestyle by offering programs within their area of expertise.

8. The 82d Services Squadron Commander will appoint representatives to the HPWG for fitness and nutrition. The fitness representative will serve as consultant and liaison on matters relating to physical fitness, particularly cardiovascular and aerobic fitness, by offering aerobic fitness classes at times convenient to active duty personnel and family members. The nutrition representative will serve as a liaison on matters for food facilities relating to Check It Out preparation. The nutritional representative will work closely with HPM and Nutritional Medicine.

10. The 82d Aerospace Medicine Squadron Commander monitors the overall progress and growth of Team Sheppard HPP.

12.1. (Added) Health Promotion Working Group Representatives:

Are the central figure to promote health within the organization

Consult with the commander for a healthy environment

12.1.1. (Added) The HPWG will meet at least on a quarterly basis. If the primary member is unable to attend, a qualified alternate will be assigned who is cognizant of and has the authority to make decisions for the organization.

12.2. (Added) Unit Fitness Program Manager (UFP):

- Provide instructional health and wellness material to the organization
Publicize health and wellness programs and activities in the organization

13. Commanders and supervisors will permit sufficient time, within operational constraints, for military personnel to participate in tobacco cessation classes. These activities normally last 60-90 minutes per session.

14. Aerobic activities are accomplished three times weekly and normally last 60-90 minutes per session to permit adequate time for warm-up, 30 to 40 minutes of aerobic exercise, and cool-down.

15. Structured nutritional classes are offered at the Health and Wellness Center to assist participants in addressing nutritional lifestyle changes.

16. Commanders and supervisors will permit sufficient time, within operational constraints, for military personnel to participate in stress management classes. These activities normally last 60-90 minutes per session.

17. Commanders and supervisors will permit sufficient time, within operational constraints, for military personnel to participate in alcohol and substance abuse prevention classes. Awareness and education programs are available through the HPM.

18. Commanders and supervisors will permit sufficient time, within operational constraints, for military personnel to participate in cardiovascular, cancer, and other prevention classes. Based on established priorities, HPMs conduct public information and social marketing campaigns on cardiovascular and cancer prevention, injury reduction, and other preventive efforts. Such efforts should target identified "at risk" populations.

19. Commanders and supervisors will permit sufficient time, within operational constraints, for military personnel to participate in self-care classes that may be initiated by the HPM.

20. Health Promotion Data Collection and Reporting: Data required for measuring compliance with policies for Tobacco Usage Trends, Healthier Food Choices, Check It Out Checklist Scores, as well as the Installation Fitness (Cycle Ergometry) Report, will be collected and forwarded to MAJCOM. Additional metric reports on stress management will be collected and provided to the HPWG.

21. AF Form 3850, Health Risk Appraisal Questionnaire, has been replaced by Health Enrollment Assessment Review Survey (HEARS), provided by Foundation Health (TRICARE) Region 6.

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